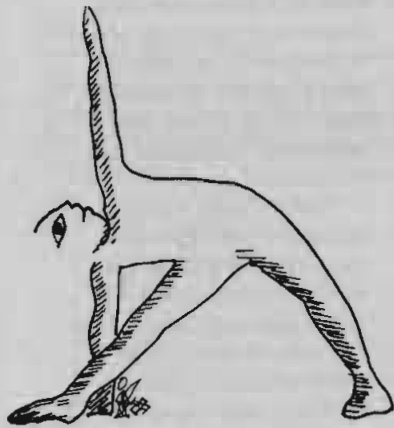


Words Worth Book Reviews



Yoga & Health Selvarajan Yesudian & Elizabeth Haich \$14.95 Allen & Unwin 8 Napier St, North Sydney

First published in 1953 and reprinted regularly ever since, this book has been one of the best sellers on Yoga throughout the world. It has been translated into eighteen languages and has sold over 2 million copies.

Both authors run a world renowned yoga school in Switzerland.

The ancient science of yoga is as perfect as it is exact and the book is based upon years of experience and hard work. It is designed for people who are unable to go to a yoga school or attend lessons.

Fully illustrated with black and white photos, containing helpful hints for pupils and chapters covering 'What is Prana?', 'Every Disease has Mental Causes', 'Complete Breathing', 'The Constructive Power of Consciousness' and much more.

A very interesting, readable and easily understood book. I recommend it to anyone who wants to practise yoga but are unable to attend classes.

Tjukurrpa

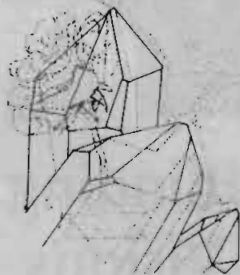
Desert Paintings of Central Australia Photography by Claude Coirault

\$22 Centre of Aboriginal Arts
86/88 Todd St, Alice Springs
NT 5750

The paintings photographed in this book represent Aboriginal communities from a wide reaching area around Alice Springs. Works from the Pitjantjatjara, Warrpiri, Luritja, Anmatjera and Aranda tribes are shown in this beautifully photographed and presented book. Most of the artists represented are associated with the Centre for Aboriginal Artists in Alice Springs.

The book shows photos of the artists at work, the desert and bush that is their inspiration and stories to explain the meanings of the paintings, recorded first hand.

Beautiful photography by Claude Coirault, forward by Roslyn Premont and Mark Lennard.



The Crystal Visionary Book by Michael Ney

\$16.95 Aquarian Media
P.O.Box 566, Milson's Point

Michael Ney has compiled all the best from his quarterly magazine *The Crystal Visionary* to produce this book.

Full of graphics and photos and articles on just about every topic you can think of to do with crystals, the book is compact and interesting.



Women's Health:

A Spare Rib Reader
Edited By Sue O'Sullivan
\$19.95 Allen & Unwin

Spare Rib had its beginnings as a 'women's health issues' magazine. *Women's Health* is a compilation of all the best issues covered since the magazine's beginnings in early 1970. The collection in this book gives important practical help and facts on all areas of women's health - cervical cancer, infections, PMT, menopause, all areas of birth control, abortion, feminism and more.

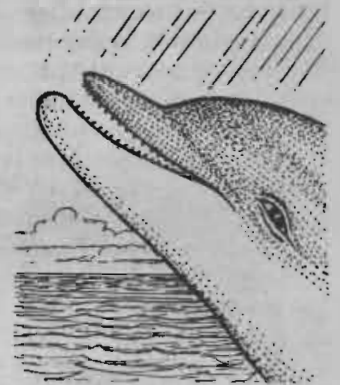
Other related topics are women's self-help movements, political analysis and a concise overview of the fast-developing feminist challenge to traditional ideas about health. Disasters like AIDS and Bhopal are discussed, along with their implications on a global level.

Compiled from a variety of *Spare Rib* writers, the whole book gives a clear intelligent, humorous and often moving look at health issues concerning women-folk.

Behind The Dolphin Smile by Richard O'Barry \$US16.95 Algangauin Books of Chapel Hill

North Carolina 27515-2225
Richard O'Barry, trainer of the T.V star 'Flipper' (in fact five dolphins were trained for the part) started his career as a diver for sunken treasure, then began capturing, training and showing dolphins at Miami Seaquarium.

Behind the Dolphin Smile came about as a result of O'Barry's experiences schooling Flipper. He realised that dolphins should be left free in their ocean environment and became involved in the Oceanic Research Communication Alliance (ORCA) to prepare two captive dolphins resume their life in the wild.



The Dragon Book

By Poorneta Sar-
aswati

\$4.95 Printed at Satyam
Graphics
Mangrove Mountain 2250

Written, illustrated, published and distributed by an independent Australian author, this book is designed for colouring in. Bound with a novel opening clip, the pages can be removed for colouring and are easily reinserted.

The story is simple and easy for parent and child to engross themselves in. A great (and inexpensive) book to "do" or read with the kids; a tale of a different dragon.



Tale of the Scorpion

by Harvey Barnett
\$24.95 Allen & Unwin

Harvey Barnett joined ASIO in 1976 on the invitation of the then Director-General Mr Justice Woodward. He succeeded him in this position during the dramatic expulsion of KGB spy, Valeriy Ivanov, whose involvement with Canberra lobbyist David Combe led to the Hope Royal Commission.

The second Commission ran for 18 months, spotlighting ASIO's role and raising basic questions about Australia's intelligence services, bringing into question whether Australia is a target for international espionage, terrorism and political violence.

Tale of the Scorpion is the first inside view of the organisation by a professional intelligence officer, looking at espionage activity in Australia, the staff at ASIO and whether we need a security service in this country. Harvey Barnett is the only Australian to have served at senior level in two of Australia's major intelligence collection services (ASIS 1957-76).

".....these agents of influence cover a broad spectrum of social relationships from casual luncheon partners to close personal friendships. They may be politicians, government servants, industrialists and bankers, journalists or professors... Their only claim to be singled out by the KGB for personal cultivation is the fact that, in one way or another, they can exert some influence in their own societies".

Neo-Humanism A vision for a new world

Avadhutika Anandamitra Acarya
\$8.00 Prout News, 167 Addison Rd
Marrickville 2204

At this point in history we are in a complex web of social, political, economic, ecological and moral crises. They threaten our human systems and structures and our slim thread of life. We, as a race, are at a point of evolutionary examination that requires we change our selfish, greedy ways or put the planet to a collective death. Time has come to move on to a new stage of evolution.

This book provides a hopeful perspective on how we can achieve solutions as individuals and collectively.



Sexual Advances

The latest developments in sex and fertility
By Anthony Bourne
\$14.95 Allen & Unwin

Mainly for the general public, this book is designed to educate and broaden our understanding of sex and fertility.

Dealing with new advances and breakthroughs, the book is an up to date manual covering topics on trans-sexuality, homosexuality, puberty, premenstrual syndrome, menopause, infertility, miscarriage, embryonic and foetal development, birth, post natal depression, lifestyles, IVF technology, sex and injury, birth control, genetic engineering and many related topics.

Tape Reviews



O'She Annia - Legend of the Golden Dolphin

by Darmin \$16. P.O. Box 404, Byron Bay 2481

Composed and produced by Darmin, *O'She Annia* is the tale of the interplanetary journey of O'She and her race of Dolphins to Earth. The music incorporates the sounds of splashing waves, chimes, bird noises and the dolphin call, interspersed with human voice.

The music transports you to the stars and takes you on

a journey through the galaxies with these cetaceans with tracks such as The Starship, Beyond the Dogstar, Millenia in Paradise, Gaia Love Chant and more.

The tape is different from most ambient music, with a strong message of love for Gaia. Turn it on, sit back, close your eyes and let the meditative music take you on an inward journey.

Secret Society

This is Secret Society's first album release. Recorded at Bush Trax studio in Nimbin, "*Secret Society*" is the first independent C.D. released in Australia and the first "C.D. only" in the world (released before album or single).

The album has all the right ingredients for success. The music is well tuned to appeal to all ages and tastes.

The great difference with this band is the level of global consciousness that is expressed in the lyrics, issues that concern all beings on Earth; mainly written by Neil Pike and Tim Tonkin.

Originating in Nimbin in Northern N.S.W., Secret Soci-

ety have already released a single, "When The Clock Breaks Down" written by Neil Pike (see issue No 4). The lyrics of this album prove that a strong, globally aware message can come across, carried within the music, making you stop and really listen.

There's not been an album like this released for some time, solid rock with meaning and relevance to the world we have created today. Secret Society have potential to be global messengers like Sting and Lennon and are compelling and dynamic.

Secret Society have musical diversity and talent which deserves total success.

Psycho-Kinesis

No 4 of a series of tapes in a 'Parapsychological Primer Series'. For the absolute beginner in Psychokinesis (moving objects with the mind), this hour-long tape clearly explains a method of concentrating your mental abilities.

Each tape in the series tries to sidestep philosophy

Moving Things Without Touch!

\$7.95 Box 97, Tamworth 2340

and hysteria surrounding these topics, to leave the listener as free as possible to make their own choices. We have all experienced "odd" things happening in our realities; these tapes give some explanations.